

Panko Crusted Tempeh

These recipes were provided by Sally Roeckell of [Table and Dish](#) and were originally published at [365Barrington.com](#).

Ingredients

Bowl 1

- Juice of 1/2 lemon
- 1/2 tsp. chopped garlic
- 1 tsp. tamari or soy sauce

Bowl 2

- 1 Tbsp. all-purpose flour
- 1 Tbsp. ground flax
- 1/2 cup water

Bowl 3

- 1 cup Panko breadcrumbs
- salt+ pepper
- 1 tsp. dried parsley

Additional Ingredients

- Vegetable oil for frying (or you can spray with olive oil and bake in a 400°F oven until golden brown for a healthier option.)

Instructions

1. Prepare all three bowls. In bowl number two, you are looking for the consistency of pancake batter, which may require additional water.
2. Slice the tempeh into quarter-inch slices. Place the sliced tempeh in bowl number one and let it marinate for 10 to 15 minutes or up to two hours in the refrigerator. Once you have finished marinating, move one or two pieces at a time into bowls 2 and 3, consecutively to batter and bread each piece of tempeh.
3. Heat your vegetable oil. Fry the breaded tempeh until golden brown. Serve immediately. These can also be baked or air fried for a healthier option.



Kale Salad

Ingredients

For the Salad

- 1 large bunch of kale
- Extra-virgin olive oil for drizzling
- 2-3 scallions, chopped
- 1/4 cup toasted walnuts
- 1/2 cup chopped parsley
- 1 blood orange, cut into segments
- 2 Tbsp. pomegranate seeds
- Breaded tempeh (see recipe above)
- Pecorino or Parmesan cheese for garnish (omit to make the recipe vegan)

For the Dressing

- 2 tbsp. extra virgin olive oil
- 2-3 tbsp. lemon juice, plus some zest
- 1 tsp. honey or agave
- 1 garlic clove, chopped
- Sea salt and fresh black pepper
- 2 tbsp. tahini



Instructions

1. For the dressing, mix all the ingredients in a mason jar and shake vigorously.
2. Add the washed kale with large stems and veins removed into a large bowl.
3. Drizzle with a tbsp. of olive oil. Using your hands massage the oil into the kale leaves to tenderize the kale.
4. Add all additional salad ingredients except the tempeh and toss.
5. Place on your platter, then top with pieces of the fried tempeh. Drizzle with dressing and ENJOY. Add cheese to garnish. (omit for a vegan option)